

12 Things Everyone Can Do to Prevent Elder Abuse

Our communities are like buildings that support people's wellbeing. Sturdy buildings ensure that people are safe and thriving at every age. We all have a part to play in this construction project.

Here are 12 things everyone can do to build community supports and prevent elder abuse.



- > **Learn the signs** of elder abuse and neglect and how we can collectively solve the issue.
- > **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like improved law enforcement, community centers, and public transportation.
- > **Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.
- > **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.
- > **Join Ageless Alliance**, an organization that connects people of all ages, nationwide, who stand united for the dignity of older people and for the elimination of elder abuse. Visit agelessalliance.org.
- > **Provide respite breaks** for caregivers.
- > **Encourage our bank managers** to train tellers on how to detect elder financial abuse.
- > **Ask our doctors** to ask all older patients about possible family violence in their lives.
- > **Contact a local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.
- > **Organize an "Aging with Dignity" essay or poster contest** in a local school.
- > **Ask religious congregation leaders** to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.
- > **Volunteer** to be a friendly visitor to a nursing home resident or to a homebound older person in our communities.

*It is up to **all of us** to prevent and address elder abuse!*

For more information on elder abuse prevention, please visit ncea.acl.gov.